

Government Assistance

[**https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications?utm\_source=highspeedinternet.com&utm\_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request\_ID=f9c6c47a-a09c-44c3-8393-886401284443**](https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)

[Lifeline](https://www.fcc.gov/consumers/guides/lifeline-support-affordable-communications?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443) is a government program backed by the Federal Communications Commission (FCC). It provides a monthly phone or internet service discount for low-income households. At the time of writing, Lifeline benefits give eligible subscribers a discount of at least $9.25 per month off landline phone service, wireless phone service, broadband, or bundled services.

How do I qualify for Lifeline?

**There are two ways to qualify:**

* **Through your income**. If your income is 135% of the [federal poverty guideline](http://www.lifelinesupport.org/ls/do-i-qualify/federal-poverty-guidelines.aspx?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443) or less, you can qualify for Lifeline assistance. The guidelines vary with household size and the state you live in, but the average federal poverty guideline is generally about $34,000 for a family of four.
* **Through a government program***.*If you or someone in your household participates in select federal assistance programs, you may qualify for Lifeline. These are the eligible programs:
  + Supplemental Nutrition Assistance Program (SNAP)
  + Supplemental Security Income (SSI)
  + Veterans Pension and Survivors Benefits
  + Federal Public Housing Assistance (FPHA)
  + Medicaid
  + Tribal Programs for Native Americans

You can also qualify if a child or dependent participates in one of the listed programs.

How does Lifeline work?

If you qualify, you choose a participating provider in your area and sign up. You’ll have to provide proof of eligibility and renew your Lifeline subscription every year. You can also have only one Lifeline benefit per household, so you have to choose between a phone or internet subsidy.

Several ISPs participate in Lifeline benefits programs. You can find all your options using the [Lifeline provider database](https://data.usac.org/publicreports/CompaniesNearMe/Download/Report?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443). But here are a few examples of companies that participate:

* [CenturyLink](https://www.centurylink.com/aboutus/community/community-development/lifeline.html?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)
* [Frontier](https://frontier.com/helpcenter/categories/billing/read-and-pay-my-bill/discount-programs?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)
* [RCN](https://www.rcn.com/hub/help/lifeline/?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)
* [Windstream](https://www.windstream.com/about/windstream-information/lifeline-assistance-program?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)
* [Verizon](https://www.verizonwireless.com/solutions-and-services/lifeline/?utm_source=highspeedinternet.com&utm_medium=affiliate&clreqid=f9c6c47a-a09c-44c3-8393-886401284443&request_ID=f9c6c47a-a09c-44c3-8393-886401284443)

Internet Service Providers

**Many ISPs also offer their own assistance programs for families with low income** or other needs that wouldn’t otherwise be able to afford internet access. If you don’t qualify for Lifeline or prefer to use the benefit for phone service, this can be a great option.

First, find out which providers service your area: